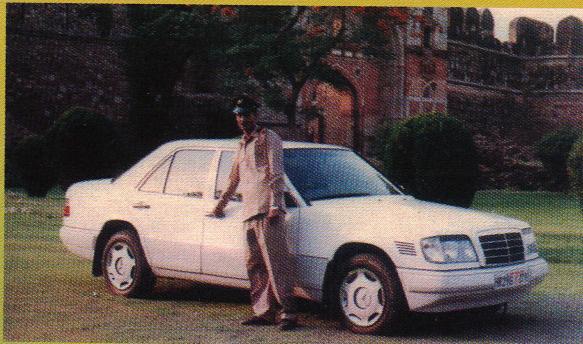


DELHI NETWORK

NOVEMBER 2000

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Delhi Network

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Vice President	Jeannine Grant	614-2672
Secretary	Rachael Hofmann	9810080368
Treasurer	Anita Reid	680-5967

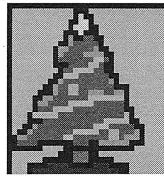
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Handbook	TBA	
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Office Manager	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
Programs/Social	Jackie van Ommeren Symran Wasser	680-2136 9810092725

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

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Dear Members,

Just in case you may have forgotten, Christmas is on its way. As you will see from this newsletter there are events coming up for us all to go to and spend our money and at least get started on that Christmas shopping list! Christmas cards are now readily available in the card shops around Delhi but please buy some of the many charity cards on offer as well, all the funds go to good causes. Sue Lohage has very kindly offered to take over the role of Editor while I am away, so please think about the following quotation!

"Everybody is talented, original, and has something important to say."

Brenda Ueland

So please send in those articles, recipes and ideas

Please give a minute of two of your time and sort out those old toys, books and clothes for the children in Tihar. Thank you.

For those of you who are leaving Delhi before the 12th of December, or are travelling over Christmas I wish a safe journey, Merry Christmas and a Happy New Year.

Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is Rs 300. You can become a member at any monthly meeting or at the Delhi Network office.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or

From Your President

CEWATCH THIS SPACE

Another month has quickly passed by and the much talked about social season has begun. I had arrived in September 1999 and was just on the edge of all the balls and melas which were taking place, on many occasions I heard after the event what a good 'do' it was. This year I am more in tune with what's going on and look forward to participating in as much as possible.

A quick word about last months meeting, it was very heart warming to see your response to the talk given by The Delhi House Society. We were all very moved by it all, as you were and demonstrated this with an impromptu collection, which several members of the audience requested. Thank you all for being so generous.

As we are heading towards Christmas your Delhi Network Committee Members have been talking about what we should do to help charitable organisations during this period. We have come up with the idea of making it for needy children. The idea, which Kathy our Editor will explain far more clearly than I later on, is to ask for any items you have at home that your children have outgrown, clothes or toys. With the toys we would ask that you wrap them and label them boy or girl and put an approximate age on them. Any clothes that are donated would not need to be wrapped. At our December meeting, we will have a collection point for all your donations. Thank you.

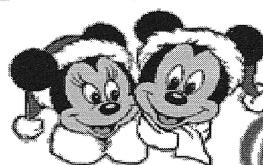
As the December meeting is outside again, please wrap up warm. This will incorporate our Christmas Lunch that will be held by the pool at the Hyatt and will take place directly after the conclusion of the normal meeting.

To enable us to get some idea of the numbers we have printed a form below which we would ask you to fill out and hand in at the November meeting, or leave at the office as soon as possible after that.

Thank you for your co-operation

Please fill in the following tear off slip with your name if you wish to attend the Christmas lunch.
Leave the slip in containers provided at the November meeting or Delhi Network Office.
Thank you

DELHI NETWORK



Christmas

APPEAL

MOON NEVER BEAMS IN TIHAR

The story session comes to an abrupt halt. Four - year - old Sonu has asked a question that stumps the storyteller, Rama Jaiswar: "Didi, chand kya hota hai? (**What is moon, elder sister?**)" While Rama grapples with that, little Nita enlightens her playmate: "Buddhu, woh to baahar nikaltan hai (Fool, that emerges only **outside**)."

Sonu has never seen the moon, and Nita remembers seeing it when she lived "outside". Sonu has always lived in Delhi's Tihar-the largest prison in the democratic world-where he was born. The children in the Jail are locked in 6:00 p.m. and let out at 6:00 a.m. Their universe has no moon.

It does not have many other things. When Mithu and friends were taken to the zoo they ran after a bear shouting, "Kitni badi billi hai (**What a big cat**)". They have only seen cats and rats in the Jail.

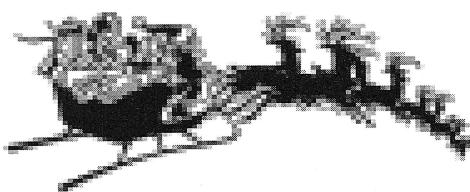


Condemned without committing a crime, the children are in Jail because their mothers are there. The rules allow women to keep their children under five years with them. And 90% of the women in Tihar are under trials. At any given time Tihar is home to 60- 100 children. Some are born there; others stay for months and many for years. They are known as Jailke bachche (Jail children), a mental scar that does not easily fade.

Robbed of fun and frolic, they are bred on hatred and violence in an atmosphere that hardens the adults also. They soak up what they see and hear in the cesspool of drugs, terror and brutality. The tiny tots learn to live by the rules of brutality and learn to follow them outside the jail also. Sangeeta, 3, who left Tihar with her mother Lakhli Devi six months ago, is yet to unlearn what she absorbed in jail. The first question she ask on meeting another child is, "Tumhari ma kaun se case mein hai? (**What is the case against your mother?**)".

NAVJYOTI an N.G.O started by Dr. Kiran Bedi, who was the inspector general prison (1993-95) started a Creche in the jail to improve the nutrition and provide a better living for these children. The project is funded by Group 4 securities. These children are taught the elementary education and also taken out for picnic once in a while. Our volunteers Katherine and Birgitte are members of Delhi Network. All kinds of donation (old clothes, toys and books) are welcome.

Please help and fill the Delhi Network Sleigh and bring a smile to a child's face at Christmas, used toys, books and clothes would receive a warm welcome. If possible could you please mark your toys with age and sex. If you are not attending the Christmas Lunch, gifts can be left at Delhi Network Office or at my home address
A54 Gulmohar Park N/D 110049
Thank you. Kathy Pritchard.



Neighbourhood Co-ordinators

Support Groups by Nationality

Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.

AREAS	CO-ORDINATOR	PHONE
Vasant Vihar/ Vasant Kunj	Nora Twycross	6122318
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819
Chanakyapuri	Bernadette MacDonald-Raggett	687-2161 Ext: 2328
Barakamba Road		
Greater Kailash I & 2	Kate Schaller	464515
Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok		
Jorbagh/Golf Links/Sunder Nagar	Judit Stowe	9811210438
Prithviraj Road/Aurangzeb Rd.		
Panshcheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Risham Chawla	649-7025
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Trudy Brasell-Jones	632-3422
Sainik Farms	Vacant	
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365
Bijwasan/Rajokri/Supriya Vihar Gurgaon	Alicia Odedra	506-4777

For more information, please contact Jackie van Ommen on 680-2136.

American Women's Association (AWA):
American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Barnali or an AWA officer.

Australia and New Zealand Association:
Call Christine Evans on 687-6605 or Ingrid Crookshanks, 680-4586

British Expats Group:
Contact Sylvia Johnson on 460-3851.

Nederlandse Vereniging New Delhi:
Organiseert diverse evenementen en een maandelijkse borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951(off)/614-9704 (res).

NORA (Nordic Association)
Contact names:
Eva Dieden (Sweden) 687-5760
Anne Laipil (Finland) 614-4602
Kirsten Callinggaard (Denmark)
689-2401



NAVIYOTI-DELHI POLICE FOUNDATION

Runs a school and nursery in a slum area at Yamuna Pushta. Volunteer nurses, health and nursery workers are needed. For more information please contact Pamela Anderson on 410 3873

THERE IS STILL 1 VACANCY FOR A NEIGHBOURHOOD LEADER IF ANYONE WOULD LIKE TO VOLUNTEER , PLEASE CONTACT JACKIE VAN OMMEN OR BRENDA BEARDS FOR MORE INFORMATION.

Dates for Your Diary

Tuesday November 21st

Delhi Network Gathering

Hyatt Regency Hotel

10 am

Outside on the lawn



Tuesday November 21st

The Glimpses of India-Lecture Series

Venue : Middle School Library (American School) Entrance from gate # 2

Time: 7.30 pm - 9.00 pm.

Topic : The decade of Changes that have taken place in India since 1989.

The speaker is Mr. Rajiv Desai, founder president of IPAN.

Saturday, November 25

DCWA International Bazaar

Ashoka Hotel, 11 am – 5 pm – an excellent way to spend the day – lots of fun, shopping and good eating to be had – and all in aid of charity. Don't miss it

Sunday December 3rd

AWA Christmas Mela

11.00A.M. to 4.00 P.M

American Embassy School

Entrance at gate 5

Admission – Rs 100

Children under 12 free

Tuesday 12th December

Delhi Network Meeting & Christmas Lunch (Members only)

Hyatt Regency Poolside

10 AM Meeting Followed by

Christmas Lunch at 12. PM

1st December

ON THE FIRST DAY OF CHRISTMAS COCKTAIL PARTY

ON BEHALF OF THE GRANT GOVIN HOMES

Hosted by the Deputy High Commissioner's Wife Janet Macan
And the Grant Govan Committee

6.30 PM—8.30 PM

Tickets Restricted 150 Rs each

Available from: any of the Committee Members.

Bernadette Macdonald-Raggett 657 2161 ext 2328

Pamela Hudson 5065127

Sylvia Johnson 4603851



Today's Joke ~

The mother of a problem child was advised by a psychiatrist, "You are far too upset and worried about your son. I suggest you take tranquillizers regularly."

On her next visit the psychiatrist asked, "Have the tranquillizers calmed you down?"

"Yes" the mother answered.

"And how is your son now?" he asked.

"Who cares?" she replied.



DELHI NETWORK CHRISTMAS LUNCH



TUESDAY 12TH DECEMBER
HYATT REGENCY POOLSIDE
10AM MEETING
FOLLOWED BY LUNCH AT 12 PM
(Members only)
Dress optional

October 20th, 2000

DUSSEHRA IN DELHI

I spent last summer in Rome, my hometown. Some of my in-laws, originally from the U.K., also live there. On this occasion, my sister-in-law gave me some old jewelry which had belonged to my husband's late father (or grand father): a tie pin with a diamond and cuff links, one with a sapphire, the other with a topaz.

Upon my return to Delhi, my new home, my husband John, ever the conservative one, immediately suggested that we stow them away in a bank safe. But in my case, sentimentality will always win over good sense, and I could think of much better ways to treat a family legacy. These darlings had been neglected far too long. For a generation they had not seen the light of day. Why save them for posterity? Better to restore their glitter and enjoy them in the present.

So an action plan was hatched. Taking advantage of the fine craftsmanship available in Delhi, the stones were mounted and attached to three lovely necklaces, intended for my two daughters and my daughter-in-law. Some gold of mine, duly melted, went into the mix. A truly special act of restoration, I proudly thought.

Indeed, I was so proud of the result, that I picked one out (the one reserved for my daughter Barbara, who is expecting her third child before Christmas) to wear for the Delhi Network meeting. After all, it was mine for now, and – as the saying goes – *if you've got it ... flaunt it*. And flaunt it I would. But, alas, in a typical frantic rush I lost it. Somewhere between the house, the taxi, and a few hurried steps into the Hyatt, the necklace had gone missing.

When John loses something, *anything*, whether it's the car keys or the car, his reaction is always the same. He puts his right forefinger against his chin and stares off into space. It bears an uncanny resemblance to Rodin's *Thinker*. When I see him in that pose, even before he says it, I know that something is amiss – that, in his mind, he is already calmly retracing his steps.

I am never so cool in a crisis. I was in shock. It even crossed my mind (perish the thought), that John might have been right all along. Maybe we should have put the jewels in the bank (not that I would ever admit to it, mind you). Clinging to a desperate hope, I went back home and looked everywhere. Eventually, I had to admit defeat and I returned to the Hyatt, rather glum to say the least. That evening I left for the hills. I could not forgive myself for the loss, but a trip to the Himalayas might help me to forget. John was merciful with his *I told you so's*, but I was in such a state that it may have been out of fear more than pity. We stayed away a few days and came back to Delhi on October 6th, Dussehra Day.



I had only been in the house for a few minutes when the doorbell rang. It was the taxi driver who had driven me to the Hyatt on that ill-fated day. In his outstretched hand ... the necklace.

I was simply elated. To lose a family heirloom can be devastating and to find can be devastating and to find it might be a relief, but words cannot describe the feeling of having it again, after all hope of finding it had vanished. Imagine! A jewel of the Scottish moors, burnt by the Mediterranean sun, restored (reincarnated?) in India and now bound for New York. The episode made Dussehra – my first Dussehra in India – a very special day, and one that I will always remember fondly.

Is there a hidden message here? Probably not. It simply reaffirmed my faith in a principle that I hold so dear – that I was right, and John was wrong.

John Anderson

IN DEFENCE OF DRINKING

The horse and the mule live thirty years
and nothing know of wines and beers.

The goat and sheep at twenty die,
with never a taste of scotch or rye.

The cow drinks water by the ton,
and at eighteen is mostly done.

The dog at sixteen crashes in
without the aid of rum or gin.

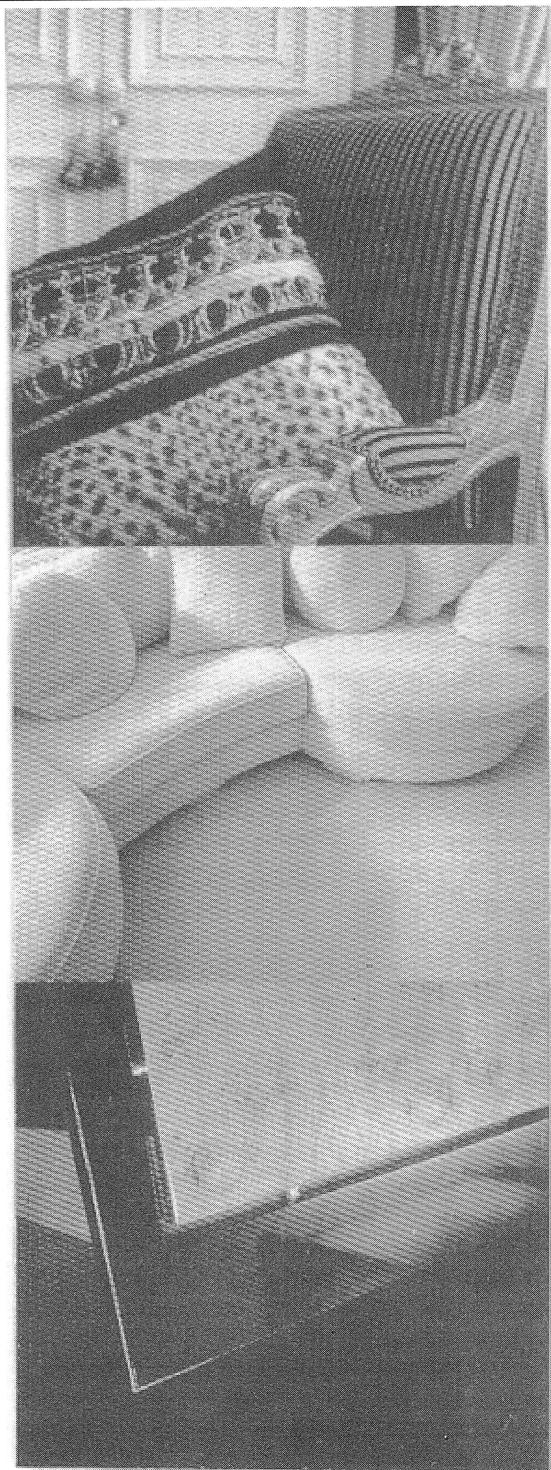
The cat in milk and water soaks.
then in twelve short years it croaks.

The modest sober bore dry hen;
lay's eggs for old codger's and dies at ten.

All animals are strictly dry,
They sinless live and swiftly die.

But sinful, ginful rum soaked men,
Survive for three score years and ten,
and some of us, the mighty few,
Stay pickled till we're 92!

ANON



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We undertake all levels of interior design related projects, from the design and manufacture of individual furniture pieces, soft furnishings and fabric related items, accessories, lighting, rugs, upholstery; right through to full turnkey projects for both domestic and commercial installations.

Our teams of carpenters, electricians, plumbers, masons, plasterers and painters are pleased to take on refurbishment projects, which will be executed proficiently and to a high standard of finish.

We manage full design packages for overseas projects and are currently working in the UK, Spain and the Middle East. In all of these projects we successfully incorporate products made in India, giving our clients the chance to enjoy the wonderful work still crafted in India, whilst realising budgetary demands.

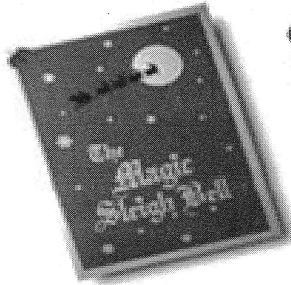
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The Magic Sleigh Bell

By W.Peter Elliott

Now a Bestseller!

The Magic Sleigh Bell is a delightful Christmas novella, which tells the story of a young brother and sister who find a tiny bell while raking the leaves. The 7-year-old sister believes the bell must have fallen from Santa's sleigh and rolled down their roof. Her 10-year-old brother, however, is at that age when he's not sure if he still believes. The discovery marks the beginning of their efforts to get their struggling family into the Christmas spirit. The story unfolds as the children find out who is right and who is wrong and where the bell really came from. Young readers, especially, delight in the aspect of the story, which features Santa Claus and the elves. However, it's not just a children's book, as it also deals with the brother and sister's family and community and their Christmas traditions. It's an old-fashioned celebration, which adults (parents and grandparents) find they can enjoy from a different perspective than their children. The Magic Sleigh Bell is a fun, family oriented story with a touch of suspense and a very happy ending which joyfully reinforces a belief in Santa Claus.

Easily read in less than two hours by an adult, it makes a nice "sit by the fireplace and get into the Christmas spirit" kind of book. It is also divided into four chapters, and each of these is again divided into smaller, "snowflake" sections. If it is being shared with or read by youngsters, reading a section or two at bedtime in the days leading up to Christmas can easily enjoy it.

The Magic Sleigh Bell is for Christmas enthusiasts from 6 to 106 years old. It makes a wonderful addition to any collection of Christmas books. Its simple homage to established secular Christmas folklore has a timeless quality, which will make it a holiday tradition for years to come.

Now a Best Seller, The Magic Sleigh Bell, by W. Peter Elliott, has achieved unique status in the Canadian publishing industry. This is even more remarkable considering it is a self-published, seasonal title by an unknown, first-time author. With mostly limited regional exposure, the amazing success of The Magic Sleigh Bell is a direct result of the enthusiastic response from children, parents, grandparents, educators and retailers.

Can be ordered through

amazon.com

The Elf Who Ate Too Much

There was once an elf named Frez that would get so nervous at Christmas time he would eat two lunches at the elf cafeteria. He was trying to be just too perfect in making his toys and never thought they were good enough for the children. The dolls' eyes never seemed to sparkle enough, thought Frez, and the wagons were not as shiny as last year. Nothing seemed to be going well and the time for delivery of the presents was getting closer.

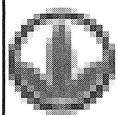
No one understood why Frez was getting so particular and asking for a size larger elf suit. Then, one day Santa discovered what the problem was and began to solve it. It seemed that Frez was not a young elf, but elves never looked their age, because they were so cheerful and happy. Frez needed to feel he was special, so Santa gave him his own project called "special toys." These were all the toys that were broken and needed repairs and love. Frez was so glad to be in charge of such a project that he ate only one lunch that day to hurry back to his tasks.

We can learn from what Santa did for Frez about ourselves. Sometimes we have off days when we are just not feeling quite positive. Someone's smile or asking us to join some friends can make our whole day worthwhile.

Frez is content now with restoring the broken toys to new, and he does not have to eat so much because he is happy. He even wears his old suit now, and his new suit is taken in for his smaller waist.

Let us try to do something worthwhile everyday so a "Frez Attack" will never get us. We all have special talents and we can help someone out that we see feeling down. It takes only a few moments to be able to know why someone is not feeling happy. Take that time from your usual day and listen. Most importantly, we are here to help each other and all of us have that special talent to do it. Use yours today.

1993 Carol Ann Garretson



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For further enquiries, please contact Raymond Wasser:

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New Delhi 110021

Tel: 687-3133
Mob: 98100922725

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*"Unseen they suffer
Unheard they cry
In agony they linger
In silence they die"*



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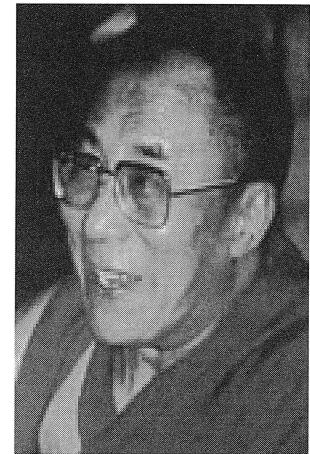
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Please note: This is the only centre where Dr.Mitra has a clinic & Surgery.

**This is what The Dalai Lama had to say on the millennium.
All it takes is a few seconds to read and think.**



Instructions for Life in the new millennium from the Dalai Lama:

1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three Rs:
 Respect for self
 Respect for others and
 Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honourable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which you love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

INDIA: WILD LIFE - TIGERS

The majestic tiger was once found in generous numbers all over the subcontinent. It was feared, misunderstood, admired, and even worshipped as the vehicle of goddess Durga. In our own times, when man has all but wiped out this wonderful animal, few of us know what a tiger is like up close...

Meet The Tiger

At a time when tigers were hunted in the name of sport, the Maharaja of Dholpur ordered a beat. Some two hundred men formed a wide semicircle, beating drums and canisters in order to flush out the tiger hiding in the undergrowth and drive him towards the hunters waiting in a machan at the opposite end. But the tiger in question had other ideas. Instead of running towards the machan, he whipped around and tore through the line of beaters. In doing so, its right fore paw landed on the head of one of the beaters. There was a sickening sound of bones being crushed and the luckless man's head and neck simply disappeared within the thoracic cavity. The tiger has phenomenal strength but doesn't use strength alone to knock down its prey. Essentially a loner, he believes in stealth and ambush. Thus he approaches his quarry up-wind, so his smell won't give him away. And he silently stalks his prey, advancing very, very slowly, ears laid back, legs drawn under him, belly to the ground, waiting and watching for the right moment. In the process the tiger takes advantage of every scrap of cover that the surrounding bushes and creepers can afford. Finally, rising to a crouching position, muscles superbly co-ordinated and taut with a purpose, he makes a lightning charge. A tiger most often attacks its quarry from behind. Laying his chest against the back of the animal, the tiger grabs the neck with his canines. As a rule, the sheer weight of the tiger is enough to snap the backbone of the victim. But should follow-up action be necessary, it includes driving the claws into the trachea and hanging on till the animal is choked to death. The tiger makes good use of its formidable, retractable claws in capturing and holding on to its prey. It looks after those claws too, by sharpening them on tree trunks. After a kill, the tiger normally, drags the carcass into cover where it can feed at leisure. Like a hunter anywhere, the tiger is merciless, showing no quarter to his victims to sustain her brood. If lives are lost and blood is shed on the forest floor, it is a part of nature's plan.



Should tigers suddenly have a change of heart and turn vegetarian, their prey species would multiply without let or hindrance, upsetting the balance of nature. At the same time, since a tiger kills only to satisfy a basic biological need, there is no danger of tigers wiping out a particular prey species. However, a bit more about the tiger's eating

habits, more particularly, his table manners. Having made a kill, he generally drags it to the shade of a bush where he can eat in peace. He starts feeding from opening the stomach cavity with one swift movement of its claws, almost surgical in precision, he removes the stomach and intestines and is known to carry the lot some distance away and dump it. If the kill is large enough, a tiger may feed on it for 4-5 days. In the process he despatches all the flesh, small bones, skin and hair. The hair in fact provides the roughage in the tiger's diet, helping the process of digestion. Having eaten his fill, a tiger may hide the kill and return to it later. Sometimes, being completely sated, he may not hunt at all for a day or two.

The tiger is a nocturnal animal. Since he abhors the heat and avoids

the direct rays of the sun, most of the daylight hours are spent holed up near a nullah, lazing in shallow water or snatching some sleep in the cool of a clump of bamboo. Hunting time is dusk or later, sometimes just before the crack of dawn. Nevertheless, hunting in our tangled forests is no cakewalk. Only one in ten attempts leads to a successful kill. True, the tiger himself is not easy to spot, given his colouring and the black stripes that blend so perfectly with the general pattern of light and shade in the forest. However, the forest has its own team of watchmen -- the kakar, langur and jungle babbler -- who are quick to spot a carnivore on the move and lose no time giving out the alarm call. The prey species too are alert, with a highly developed instinct for self-preservation.

Out in the wilds, a tiger is not necessarily an unfriendly animal. Two adult males have been known to rub heads together in passing. However, the fact remains that the tiger is a territorial animal, marking its domain by spraying the trees around, much like a dog. The tiger safeguards its territory, too, by constantly patrolling and with the help of that great thunderous roar which, coming from an adult tiger, can be heard all of three kilometres away. An intruder into a tiger's territory is more than likely to meet with death. For this offence, many a leopard has been killed and devoured.

The renowned authority on tigers, Valmik Thapar, as all praise for the mother tiger. According to him, she devotes every minute of the first two years of the cubs' life to feeding and caring for them. From suckling the cubs to providing them with a diet of fresh meat, this is certainly not an easy task. She not only hunts for them but also, at a kill, keeps exposing the tender inner layers of meat for her children to eat. Should the tiger sense danger to her babies, she'll gently pick them up by the neck and carry them to the new den, one by one. A tiger learns all his skills from his mother. Thus she keeps twitching her tail from side to side so the cub may learn to stalk a moving animal. She teaches them how to attack, when to attack and when to give a wide berth. A tigress and her cubs may play endless family games but she is quick to reprimand them with a low growl or a light cuff with one paw, should a reprimand be called for. The cubs spend two years with the mother and then separate. Sometimes siblings tend to stay together for longer but sooner or later they go, each his own way. Sources of water are a good bet to sight tigers especially in the mornings and evenings. The droppings of adult male tigers

have sometimes revealed baby tiger claws, leading to the widespread belief that a male tiger will not hesitate to devour its own offspring. Valmik Thapar reports a case where a male tiger visited his family every four or five days and took an active part in providing them with food. There was no question of practising infanticide. However, if a tigress loses the mate who sired her litter and takes on another mate, the new father is likely to make short work of his foster cubs. Simply because he wants to father his own and the lioness will not be ready to reproduce again till the first litter is grown up and no longer needs her.

The legendary hunter-naturalist, Jim Corbett, has done much put the record straight in favour of the tiger. According to Corbett, no tiger is by instinct a cattle lifter or man-eater because neither cattle nor man form part of his normal diet. However, sometimes a tiger is driven to attack them because he cannot stalk or hunt down his natural prey, either on account of old age or a serious injury. Normally a tiger cleans his wounds with his tongue and they heal fast enough.

But if the injury is deep, as that caused by porcupine quills or a stray bullet lodged in the flesh, or if one of his limbs is broken, the tiger is helpless. Unable to run and driven by pangs of hunger, the tiger attacks the easiest prey -- cattle and man. Thus cattle lifters and man-eaters are made, not born.

Elephant back affords a safe height to photograph tigers from close quarters. The celebrated wildlife photographers Naresh and Rajesh Bedi, who have made some spellbinding films on the tiger, once trailed a tigress for the purpose in Kanha National Park. They were never more than 30 to 50 feet away from the animal but she allowed their team to follow her closely because they had spent a lot of time with her and she had got used to them. Also because she had a good temper. "Never follow a tiger if it is stalking its prey!" warns Naresh Bedi. No story about the tiger is complete without mention of the Royal Bengal Tiger, denizen of the mangrove forests known as the Sunderbans. Quite simply, the Royal Bengal Tiger is magnificent to look at, reddish brown in colour and with broad black stripes on his head and back.

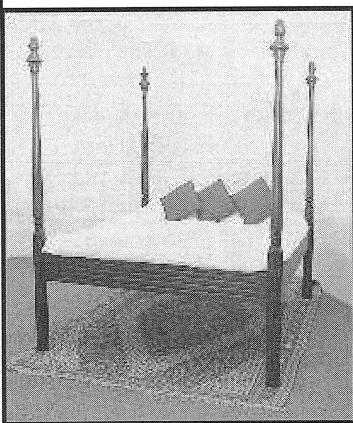
He has adapted himself beautifully to life in an estuary, where the fresh water of streams mingles with the salt its kind, and the only semi aquatic tiger anywhere in the world. In addition, that speaks volumes, for the tiger, any tiger, is an expert swimmer anyway, known to cross a mile wide river in a straight line! The Sunderbans tiger is happy to hunt in water because he enjoys a diet of fish, crabs and turtles! Unfortunately, this tiger carries a man-eater tag and several reasons have been advanced for his reputation. People like grass cutter, wood and honey gatherers must, of necessity, venture in to the mangrove forests. Often, these men disturb a sleeping tiger or worse, a tigress with cubs, and do not live to tell the tale. Sometimes, when the Sunderbans tiger sees fishermen carrying home the day's catch, he either dives headlong into the boat or tilts it to help himself to the booty. In the ensuing scuffle, some fishermen do get killed. Experts concede that the Sunderbans tiger probably has a taste for human flesh, having drunk so long at the saline estuarine waters. It has been observed that these tigers seldom drink at any of the eleven fresh water tanks in that area. A significant detail, but who shall vouch for the truth?

Text: Pratibha Nath (Discover India magazine)



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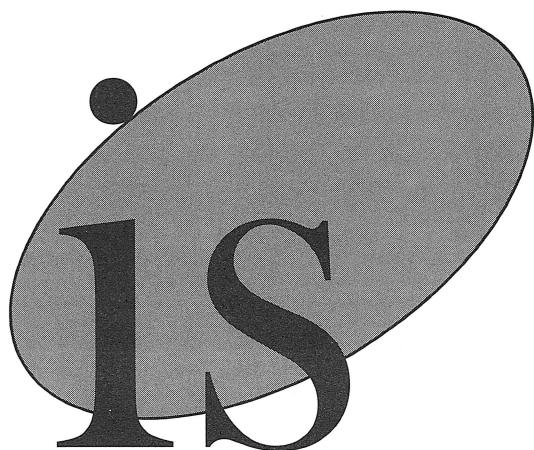
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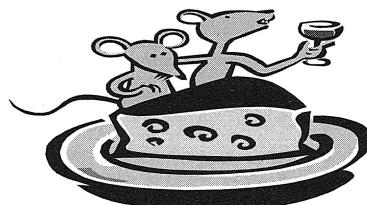
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DIETING UNDER STRESS
Or
**10 RULES ON HOW TO COMBINE A SUCCESSFUL
DIET WITH LIFE AS A NORMAL HUMAN BEING**



- 1) If you eat something and no one sees you, then the food has no calories.
- 2) When you eat with someone else, the calories do not count if they eat more than you do.
- 3) If you drink a diet cola with a chocolate bar, the diet cola cancels the calories in the chocolate bar.
- 4) Broken biscuits contain no calories – the process of breaking causes calorie leakage.
- 5) Food used for medicinal purposes never counts, e.g. hot chocolate for relaxation; brandy for fortification; toast and cheesecake as antidepressants.
- 6) It is recommended that you fatten up everyone around you so that you appear slimmer.
- 7) Food licked off cutlery or out of a bowl has no calories if you are following a recipe, e.g. butter icing on a cake; the remains of cake mixture; cream for the top of a trifle.
- 8) TV and cinema food contain no calories as they are part of the whole entertainment package.
- 9) Foods of the same colour have the same number of calories e.g. spinach and mint ice cream, mushrooms and white chocolate, water and a large gin & tonic.
- 10) Athletes eat huge amounts of pasta before races like the marathon. It's a myth that you have to run 26 miles to work it off. One brisk trot around the settee is quite sufficient to wipe out one bowl of spaghetti. Twice around the living room will use up so much energy that a chocolate bar is required to supplement your sugar level and rebuild your strength.

Good Luck!



Sue Lohage

Something to do

Adult Education

The American Embassy School offers evening courses. Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.
Spring session: Feb./March.
Fall session: September

Aerobics

Mandy Dakin has been teaching aerobics for the last 10 years. Trained in London, she spent the last 7 years teaching a variety of classes in a large chain of gyms based in 'the city' of London. Her aim is to make fitness fun and accessible to all. She is now teaching at the following times and venues:

Mondays at ACSA

6 – 7 pm
(Aqua Aerobics)
Tuesdays at ACSA 9 – 10 am
Wednesdays ACSA 6—7 pm
(Aqua Aerobics)
Tuesdays at the British High Commission 6.15 – 7.15 pm
Thursdays at ACSA 9 – 10 am
Thursdays at the British High Commission 6.15 – 7.15 pm
All classes are a mixture of mainly low impact and high impact moves followed by toning for the legs, abdominal, butt and upper body. Tuesday evening's class at the BHC is body conditioning only. She hopes to begin aqua classes shortly. For further information call Mandy on 614-5818. Please bring water and a mat to the class.



Bridge

Ex-pat Bridge Group that meets on Mondays is looking for keen bridge players to join:
Call: Lynn Baynman 6877489
Rekha Sarin 684 0964



Babies and Toddlers

To all Mums - feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

Dance and Fitness Centre

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.

DCWA

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Amina Singh on 614-5986 or 614-6023 for details.

Delhi Christian Fellowship

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

French Lessons

By a French national and graduate of Sorbonne-Paris University. Beginners or advanced levels. Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404

French speaking

Groupe Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Hélène Cazalet on 464-3682.

German

Conversation Group

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

Glow

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Serita Kakar 461-9627 for details.

Guitar Lessons

Guitar Teacher with extensive experience (*Town Music School Cologne-Hurth, Academy of Music Cologne*) and concert guitarist with international recognition offers lessons
Information:
Darko Konofsky Tel. 6526660



Hindi

Lessons

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagavad Gita. Call 462- 4704.

Indian Cookery

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

Mah-Jong and Canasta Classes

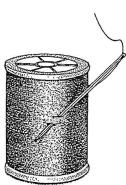
Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

Navjyoti-Delhi Police Foundation

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

Needlenuts

Group meets Thursday 9.30-12.30 in different homes each week. Come and go as you please, work on what you like. Call Lynn Moss on 621-5065



Newcomers

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.



Patchwork & Quilting Group

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 506-5569.

Piano Lessons

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.



Polo

Commencing October 23, for five weeks (every day excluding Mondays)

1.00 p.m. - 3.00 p.m. & 3.00 p.m. - 4.00 p.m.

Admittance free for spectators.

For more information, contact the Polo Club, Tel. # 569 9444 / 569 9777

Tushita Meditation Centre

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama.

Call Renuka Singh on 651- 8248 for details.

Scottish Country Dancing

Thursdays 8 pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207

Silk Painting

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.



Spanish Lessons

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities.

Y-10 Green Park, behind McDonalds, phone 696-8016, 8043

United Nations Women's Association

Offers a varied programme of informative and social activities, and supports a kindergarten for underprivileged children. For details call Nala on 615 3804 or Violetta on 696 4637

Yoga

User Friendly Hatha Yoga Mansoor and Susie Roy teach at Tushita Buddist Centre. Manoos is an International teacher with many years of experience in guiding students both in the practice of Yoga and meditation. Both Manoos and Susie teach the tradition of Swami Sivananda and Swami Vishnudevananda. Private and group classes can be arranged. Please call Susie Roy 4652581

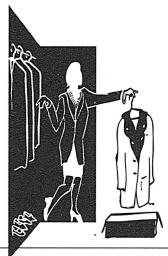
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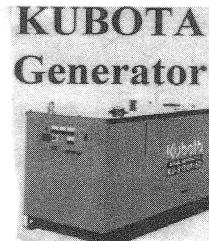
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===== Computer Tips & Techniques =====

Watch your magnets!

Have you ever had a 3.5 floppy disk (or zip disk) stop working unexpectedly? Granted, those little 3.5 floppies aren't known for reliability, but still you'd like them to last as long as possible.

Well, the cause of the little guy's early demise may have been magnetic. Disks are a magnetic storage medium. The head inside the drive arranges data on your disk through the precise use of low magnetic fields. If a Magnetic source gets too close to your disk, it could cause all those little bits of data to be sent into a digital abyss. Maybe you don't remember putting anything magnetic near your floppy disk. Keep in mind that your refrigerator magnets aren't the only ones in your house. Have you ever set your cordless phone down on your desk, maybe even on top of a disk? The little speakers in that phone have magnets in them. Also, I've seen people stack disks between their computer monitor and speakers. Bad idea. Although computer speakers are usually shielded, they can still destroy a disk.

Oh, be careful when transporting disks too. Setting them on top a dashboard speaker or sliding them into a car door near a speaker are a couple additional ways to ruin data.



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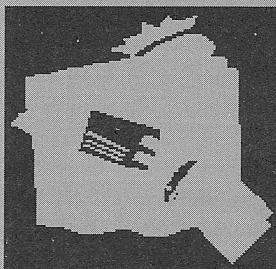
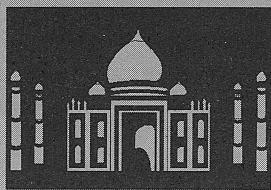
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Take a Year Off in Delhi.

Do you know of someone who might want to come to Delhi as an au pair for 10 months commencing mid August 2001?

We are a British family living in Delhi on a diplomatic posting. I am with the British High Commission (British Council Div) and my husband works at the Australian H.C.

As we both work full time, we require someone who would like to come to India as an au pair say for 10 months commencing mid August 2001. We have been here two years and have had two delightful au pairs that lived with us and our two sons (aged 8 and 10 years).

Our boys are normal, healthy active youngsters and our main requirement is to have someone supervise them and their homework etc between when they come home from school and when we get back from work between 6pm & 7pm. They attend the American Embassy School.

The other responsibilities revolve around aspects of the boy's social lives - visiting friends, inviting friends around, various sporting and other after-school activities. There would be very occasional "babysitting" in the evening and on the few days when the school is closed and we are unable to take time off work. This averages out at about 25 hours per week, leaving lots of time for exploring India and pursuing other interests.

We live in a large four bed roomed house in Vasant Vihar and have excellent local domestic staff including a driver. Consequently we only require the au pair to be a companion to the children and not for any domestic duties. The au pair's facilities include an air-conditioned bedroom with its own en-suite bathroom. The house has its own large backup generator. We enjoy the benefits of living off-compound whilst having the bonus of full access to the sports and social facilities at the British High Commission compound and reciprocal access at three other major diplomatic missions.

Charlotte, our current au pair, will complete her second year with us in May 2001 and we want to plan well ahead for her replacement. Both she and Lizzie (our first au pair) had a great time in India and can be contacted if required. There are several other expatriate au pairs and nannies within the diplomatic community here and they get together regularly to socialise and travel.

A generous package is being offered to applicants who can cover the 10-month period mid August 2001 to late May 2002. This would suit an undergraduate or graduate taking a year out prior to a starting a career or others interested in spending a year in a very different and fascinating part of the world. The ideal person is someone with initiative, maturity, a positive attitude plus good organisational and people skills. It would particularly suit someone who wants to use the ample free time for study purposes.

It provides the opportunity to gain access to a different culture but with the safeguards of living with a "diplomatic" family. There is opportunity to meet people from a variety of different cultures and also to get to know more about the Indian way of life, eg by using the free time available to study or do voluntary work in the Indian community. Delhi has a wide variety of things to offer and by taking the initiative to meet people and find out more about the country, it is a very rewarding experience.

Contact

Grace Conacher or Jim Grant
3710592 (W) 6888223(W) or either of us on 6145360(H)
or e-mail grant@vsnl.com

LETTER FROM KUALA LUMPUR

Well, I'm here! Trying madly not to miss India too much and concentrate on the positive aspects of Life in Malaysia.

We were able to move into our house on 28 Sep. and it is now set up and ready to receive visitors! But don't expect me to pick you up from the airport 'cos it's 80 kms away from town and I have to drive myself!! The roads have been a little daunting but we're slowly getting familiar with those in our neck of the woods.

This is not really the place for a lazy person such as myself. The company does not provide a driver, just a car. I guess 'cos the roads are in good repair but I do miss having a driver as it has slowed me down in my exploring as I keep getting lost. It's not so easy to get domestic help - apart from part-time housework. We don't want anyone to live-in as the maid's room is right off the kitchen, so ideally a nine-fiver would be the go. So I'm still on the lookout; in the meantime I have to wash and iron, make the bed and do a bit of cooking (egads!) and a Philippi no or two come twice a week to clean. There is abundance though of restaurants of all types so it is easy to eat out and we are really enjoying seafood especially. The shopping centres are a treat after a dearth of them in Delhi. Our location is great in that we have a good view and we are 10 minutes drive from town and 4 shopping centres (well, it takes an hour or so when you're lost!). None of the restaurants, however, do home delivery apart from some pizza chains and McDonalds and of course you would never get the same type of catering done at such cheap prices.

Everything works well here though. Although the telephone installation man did arrive two days late, the lines have been functioning ever since and we have not had any power losses. We have a solar heater on the roof, so we should save a bit on water heating.

I've joined a couple of clubs; there are a lot of expats in KL. Each club seems to have several functions each month, so I shouldn't be getting bored. As well I have discovered the Temple of Fine Arts, a non-profit organisation quite close to our home, involved in the teaching of Indian classical dance and music and they also run shops and restaurants which bring in monies for their charity arm which runs a free medical clinic each day and they are raising funds to build a hospital in a neighbouring State. They depend a lot on volunteers so I hope to lend a hand there and thereby keep in touch with Indian culture. The major downside is that the factory is on the east coast, about an hour by plane, so Peter has to commute every weekend. Being in the house alone all week takes a bit of getting used to, but fortunately we don't have electrical problems or such for me to contend with and I don't feel nervous after being in other places with high fences and guards and now reduced to an electric gate!

Another downside is that because of the lack of staff including guards, I have to be here all the time when trades people, repair men, cleaning ladies and the like are coming. There is only one remote control for the gate so it is a bit of a problem and I'm wondering if I will have to be here all the time when we even get a permanent housekeeper. Not being used to having to handle remote controls for gates, keys for cars or house, I keep forgetting to do things. I leave the gates open and a passing dog came in and left a deposit! I can't remember to keep an eye on the petrol level and don't know how I will be able to remember to put the car in for servicing or renew registration! And to clean it, good heavens!! It had a wash this week by the cleaning lady, the first in a month - our driver in Delhi would be horrified!

I miss India but can still experience some of the smells and culture here where around 8% of the population are Indian, mostly from the South. There are around 30-35% Chinese so we are also having a delightful time catching up with dim sum, char kway teow, etc. We went into town last Sunday for buffet brunch at the Renaissance Hotel and pigged out on oysters, green-lipped mussels, prawns and sushi and it was a reasonable price. One of our missions whilst here will be to experience as many hotel buffets as possible. Peter thought I would lose weight once I came here, away from the rich gravies of India, but I don't think so.....

The Indians I've met here say that KL is the best of both worlds, - you can live like an Indian but you have the benefit of being able to buy anything and live in a cleaner and more organised (read controlled) environment. I guess that's true, but you miss out on the colourful sights of camels and elephants walking about, the sadhus and Jains, the ruins and the wonderful bird life, the excitement of being pedalled around Old Delhi, cheap handicrafts and artefacts; as well as the lovely smells of sandalwood incense and soap, old-fashioned roses, damp earth and fruit tree blossoms and more.

Make the most of it while you're there. Even my husband said we should have bought more furniture while we were in India (yeah and I'm thinking, why are you telling me now....?) but honestly the prices here are astronomical as it's all imported from India, Indonesia, Thailand, etc. so do fill up your containers before leaving as even if you can't fit it anywhere back home, you would always make a nice profit if you sell it.

Well, gotta go – the cat needs feeding, I have to map out the route to my destination tomorrow, make something to eat, do a spot of ironing and then wash the dishes and do some repair needlework!

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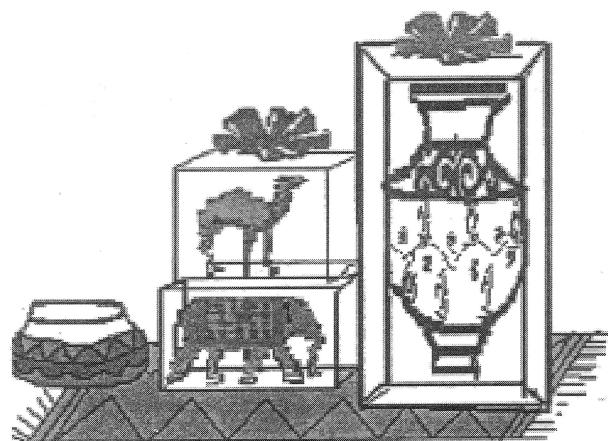
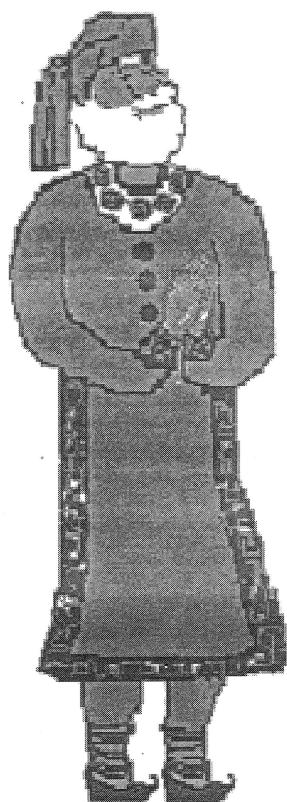
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OF POSTAL BELLS AND LAYING A DAWK

Dak Bungalows Postal Houses Scattered across, the country are institutions themselves. Hugh and Cotteen Gantze Trace the history of the dak system In India.

(Dak (n.) Post; mail; also, the mail or postal arrangements; -- spelt also dawk, and dauk).



We first heard the bells when driving into a deep Himalayan Valley to the northern town of Munsiasi. We might have missed them if we, hadn't seen the pheasant. A Monal hen had appeared out of the woods and we had stopped to photograph it. Just then the pheasant and we heard the bells. *Tinkle-tinkle-tinkle* they went coming closer and closer. The pheasant cocked her head, startled, ran in her stooped, Grouche Marx way and skimmed into the forest. We bristled and the stopped when we saw him. He was a wiry man, dressed in khaki, a leather bag strapped to his back, a spear with a bunch of tiny bells held lightly on, his right shoulder. As he jogged towards us, the bells rang *tinkle-tinkle-tinkle!* The year was 1986 and he was the only *dak runner* we have ever seen.

But the sound of his bells brought back memories of the tales told by our parents and grandparents when the night lantern flickered gold and threw magical shadows across the room. "In the dak bungalows," Granny often said, "we used to listen for the sound of the bells jangling far down the forest road..."

One branch of our family came from a long line of civil servants, often-military officers who had joined, 'Civv Street' as surveyors, surgeons and engineers. Every winter, as was the custom then, they went on long tours across their districts. Sometimes they camped, other times they lived in Dak bungalows. Administrators, in those days, hated being desk-bound, "But", said our Grandfather the dak always came to them wherever they were. And, indeed, the dak had been reaching Indian administrators for over 600 years.

As far back as the 14th century, the Arab travel-writer, Ibn Batuta, wrote about an India linked by the strong threads of communication. The mail network reached its peak two hundred years later under the great Mughal Emperor Akbar. Messengers raced along a web of 1,000 kilometres of roads carrying letters between the court in Agra and the most distant outposts of the empire.

Masonry pillars guided them and, even to day, many of the old *kos minars* stand like proud cenotaphs to another age. Kos measured; roughly, a kilometer and Akbar established a *dak-chowki*, or dak post, at every fifth *Kos minar*.

Here, the Mughals stationed five horses and a number of swift runners to relay messages to and from the capital. 'This' superb organization still worked when the British came, seeking the fabled wealth of the Mughals.

Although London had had a 'Penny Post' service since 1680. The British were clearly impressed by the efficiency of the Mughal postal system. They did, however, mispronounce words and misconstrue their meaning. Thus, in 1727, a worthy named A Hamilton wrote: "The Post in the Mogul's Dominions goes very swift for, at every Caravansary, which are built on the High-roads, about ten miles distant from one another, Men, very swift on Feet, are kept ready... And these Curriers are called *Dog Chouckies...*" We can imagine a modern editor writhing at Hamilton's grammar, his misuse of capitals, and his unusual spelling. But Hamilton does get his message across, even if he calls the couriers *Curriers* and misnames them. The messengers were not called *dak chowkies*, their staging posts were!

As the network of roads improved, dak riders replaced many of the dak runners. They were much like the Pony Express of the American West except the riders did not carry guns. Initially, some of them had dak-runners' lances to ward off wild animals and wilder men but, generally, they relied on the swiftness of their steeds to flee from danger, and to get the mail delivered on time. And, quite obviously, their services were highly valued.

In 1796 when the dak service needed a boost, the Governor-General-Council was pleased to order the establishment of *Dawk Bearers* upon the new road from Calcutta to Benares and Patna. A rate of Sicca Rupees Five Hundred was fixed for the mail carriers racing from Calcutta to Benares.

It wasn't clear, however, if there were separate rates for runners, riders and mail carriages. For, as the volume of mail increased and became too much for saddlebags, the *Dak-Garry* was introduced. This was a light cart drawn by a single horse and driven by a *Dawk Bearer* who carried a Post Horn: a curved, trumpet-instrument which eventually evolved into the cornet. The post horn had already become the emblem of postal services in some European countries. In India however, the horn was abandoned fairly soon, possibly because we don't like using anything which has touched another person's lips. The system of *Dawk* worked so well that it soon grew into a method of transportation for the servants of the Hon'ble Company. In 1850, Albert Hervey wrote three volumes entitled *Ten Years in India*, He says: "The manner in which I travelled on the occasion of my going back to Vellore was by posting or running *Dawk*, as it is termed, which means, travelling by relays of bearers, stationed at certain stages where they change."

The Dak had now become such an essential mode of transportation that when a local ruler tried to interface with it he lost his territory and, almost his life. A British Governor rebuked him, saying: "You have received the money of the British for taking charge of the *Dawk*; yet you have betrayed your and stopped the *Dawks*." And then he added: "If you promise fidelity to the British Government, I will restore you to your lands. If you Refuse, and if I catch you, I will hang you as a rebel."

Such arrogance contributed to the great uprising in 1857. By that year, transportation by Dak was referred to as 'Laying a *Dawk*'. Thanks to the British penchant for mispronouncing foreign words, a young surgeon, who had just arrived in India, was dismayed when his superior ordered him to report for duty at the front, saying: "Lay a *Dawk*." Bewildered, the doctor asked: "Would you explain, Sir; for you might just as well ask me to lay an egg."

But once you learnt the ropes,

Laying a *Dawk* was really quite easy. As a Colonel's wife described it in her journal: "To begin with you must tell the Postmaster to 'Lay Bearers' along the line you hate going. Then you must see that your palki (palanquin) is well provided for the road." She also explains that: "Every ten miles or so there is a *Chowkee* or station where fresh relays of bearers are found."

As the bearers jogged along they often chanted:

*Trim the torches,
Take care!
The road's rough,
Take care!
Here's the bridge,
Take care!
Pass it quickly,
Take care!
Take care
Take care!*

Judging from the palanquin we rode in last year, one had to have a cast iron spine, an armour-plated stomach and a reinforced seat to survive a long journey. The jogging of the porter's leaves one battered and shaken; not stirred! But there was occasional relief from this arduous travel. As that colonel's wife put it: "On a civilized road there are rest houses (Dak Bungalows) at intervals of 40 or 50 miles. "These Dak Bungalows, literally Post Houses, were institutions in themselves. They were thatched or tiled buildings set in extensive grounds. Each had about four suites of rooms, deep verandas, a well and a row of servants' quarters with a kitchen and the caretaker-cook, or *khansama*, in residence. While any traveller could use a Dak Bungalow, they were primarily meant for district and other officials on tour. In those days Civil Servants were encouraged to leave their headquarters and visit the remotest villages. There, sitting at trestle tables under the shade of spreading trees, they listened to complaints, heard cases, gave their decisions and then moved on to the next Dak Bungalow. If married, their wives, young children, a skeleton staff accompanied them and their files bound in the red tape of the Raj. These tours often lasted for weeks and yet the business of the Brightest jewel in the British Crown could not suffer. The finely tuned Dak system linked them to their distant offices. All that the official had to do was to give a copy of his tour programme to the Postmaster at his headquarters. From then on his personal and official mail would be redirected to either the Dak Bungalow in which he had set up his field office, or to his tented camp. No one ever complained of letters being lost and there is even a story, possibly apocryphal, asserting that, at least on one occasion, the system ferreted an addressee even when it had no address. But then, that was a very special 'Affaire of the Heart' and many of us are incurably romantic. According to this tale, a young Civil Servant and the Governor's daughter had fallen madly in love but, as the junior officer was not considered to be a 'suitable match' by His Excellency, the great man bundled his daughter and a trusted duenna, into a *Dak-Garry* in the dead of night. He then sent them to live with a planter's family in a remote district of the province. But even though the young man did not know where his beloved had gone, he wrote to her. A little later, she replied, they eloped and got married. The Governor was furious but he never knew how the two had got together.

All that the young man had done was to address a letter to his loved one care of the headquarters' post office. A benign old Postmaster and his network of dedicated Dak Runners had done the rest. And for all her married life, the Governor's daughter said that the most beautiful wedding chimes she had ever heard was the tinkle of the Dak Runner's bells

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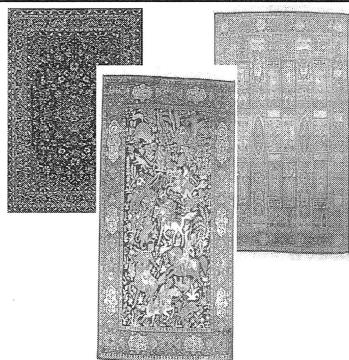
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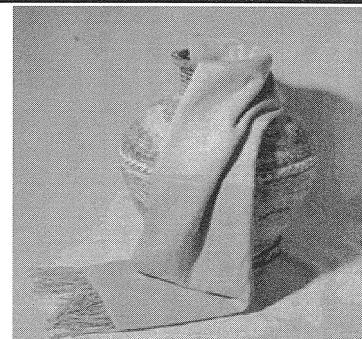
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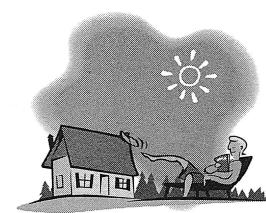
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If you are looking for perfect antidote to the hectic bustle, smog heat and noise of Delhithen head for the hills! In the foothills of the Kumoan region you will find the sleepy village of Jelikote and Bhuvan's boutique guesthouse "The Cottage".

"The Cottage" had come highly recommended to us and as we were desperately in need of a break from Delhi, it sounded perfect. To ensure that we really had a stress free weekend we decided to take the overnight train to Kathood (Kathgodam Express) and to then take a 30-minute driver up the hill to Jelikote. How delighted we were when we arrived (it was still very early am) to be greeted warmly by Bhuvan and 'Bits' the dog. Just walking into the cottage lifted our spirits and caused us to breathe deeply. The garden is magical and so is the view. So then to our lovely room where a tea tray quickly followed us. "The Cottage" really is a unique place. Bhuvans started here with one-guestroom three years ago. As she completed a room she started on a new one. There are now six guest-rooms and each has its own individual style. No hotel style interior conformity here. What each room has in common is comfort, charm and a private outlook onto the fairy tale garden.

Also consistent here is the warmth and generous hospitality of Bhuvan and her staff. Bhuvan takes time with each guest to find out what they would like to see and do. She can arrange sightseeing trips to many local places as well as to nearby destinations such as Almom Bhowaii, and Nanital or further afield. "The Cottage" makes a great base for exploring the Kutmoan. We mere easy to please all we wanted to do was laze around take a walk by the river and sit on the ample balcony and enjoy the view.

Meals are included in the charges and we were also consulted on our culinary desires. We were happy to eat whatever came out of the kitchen and we mm not disappointed. The meals were fresh, diverse and generous. The staff here are keen to provide you with every comfort so if you do have any culinary requests or special dietary needs they will go out of their way to provide them for you.

As well as recommendations from friends we had noticed that "The Cottage" was regularly mentioned in newspapers and magazines and even in a Delhi gossip column! Despite all the publicity and the fashionable set speaking its name, " The Cottage" is an unpretentious and relaxing place to stay. Sitting on the balcony sipping a drink and watching the lights come on all over the hills was the highlight of our stay. Breathe in deeply, relax, magic. There are no phones in the room and no television at "The Cottage" We didn't notice the absence though as the conversation was flowing freely amongst fellow guests. It's a good place to recharge your psyche (not to mention your lungs).

Surprisingly the charges at the cottage are really reasonable. Our room was only 2300 RS a night and that included meals and all the cups of tea we could drink' we had the best room in the house and the charges vary (They are all great we managed a peek at all six). While we did not bring children with us me could see that they were very welcome. The children staying there at the same time as us were having a great time. The Cottage would be a great place to go with a group of friends or even to hold a small conference or meeting (work perks!).

For enquiries and bookings phone 0594244413 (PS: Be patient with the phone as it can take a while to get apparently it is on a lousy -exchange).

Charmaine O'Brien.



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Tips & Tricks in the Kitchen when cooking/baking sweets

If you try any of these tips please let the editor know the results.



Making sweets is fun, however like many things in life you have to know what you are doing. Many candy recipes have been handed down from generation to generation, sometimes you may run into a measurement you don't know how to convert, or it may request an ingredient you don't have. Then there are all the unwritten tips, like have you ever noticed that a professionally baked chocolate cake never has flour dust on it?

General Tips

Brown sugar

Keep from hardening by keeping a slice of apple in the container. If it has started to harden, place a slice of fresh bread in the package for a couple of hours. If it looks like a brick, pull out the cheese grater.

Fruit

When needing to peel peaches, pears or tomatoes, simply scald them first. The skin will almost fall off.

Get more juice from a citrus fruit by, warming it slightly in the oven first.

Whipped Cream

Cream will whip faster if you chill the bowl and beaters first. or add a couple drops of lemon juice.

You can whipped cream from separating if you add 1/4 teaspoon unflavoured gelatine per cup of cream. Soupy whipped cream can be saved by adding an egg white, chilling, then re-beating.

Meringue

To keep a meringue pie from weeping. Add a teaspoon of cornstarch to the sugar before beating into the egg whites. To cover a meringue pie with out it sticking, grease waxed paper or plastic wrap with margarine. When slicing baked meringue, grease the knife with butter first. To keep your bowl from moving while using the mixer, place a dampened folded towel under it.

Muffins will pop out easily if you place the hot pan on a wet towel first.

needing to measure shortening or butter, dip the cup or spoon in hot water first.

When unmolding a gelatine dish, wet the dish first. This way the gelatine can be moved to the centre easily.

Oops Out of!!!! No problem. Simple substitution

Allspice - 1/2 teaspoon cinnamon + 1/4 teaspoon nutmeg + 1/4 teaspoon ground cloves

Baking powder (1 teaspoon) - 1/4 teaspoon baking soda + 1/2 teaspoon cream of tartar

Brown sugar (1 cup packed) - 1 cup sugar + 2 tablespoons molasses

Buttermilk (1 cup) - 1 cup milk, less 1 tablespoon + 1 tablespoon vinegar

Cake flour (1 cup) - 1 cup minus 2 tablespoons of sifted all-purpose flour

Cornstarch (1 tablespoon for thickening) - 2 tablespoons flour Corn Syrup (1 cup) 1 cup sugar + 1/4 cup of additional liquid used in recipe

Cream (1 cup) - 1 cup butter and 2/3rd cup milk

Milk (1 cup) - 1/2 cup evaporated milk and 1/2 cup water, or 1 cup Reconstituted non-fat dry milk with 1 tablespoon butter

Pumpkin Pie Spice - 1/2 teaspoon cinnamon + an 1/8th teaspoon of each of the following: ginger, nutmeg, mace, cloves

Sour milk - (1 cup) - 1 cup milk mixed with 1 tablespoon vinegar or lemon juice

1 marshmallow - 10 miniature marshmallows

Unsweetened baking chocolate (1 square) - 1 tablespoon shortening + 3 tablespoons cocoa

Ground Cloves - Just did this one, place whole cloves in Coffee Bean Grinder.

Substitutes for Liqueur (non-alcoholic)

Amaretto - (1/4 cup) - 1/2 teaspoon almond extract

Coffee liqueur - (equivalent amount) - use coffee made with 6 tablespoons per cup water

Fruit liqueurs - (equivalent amount) - use the syrup from canned fruit that has been reduced by boiling

Orange liqueur - equivalent amount of frozen orange juice

Rum - a touch of either rum extract or vanilla extract

Wine - (1 cup) - 7/8th cup fruit juice + 1/8th cup lemon juice or vinegar

Make it fancy, and easy

Melt chocolate morels, place in plastic baggie, snip corner and draw on waxed paper, chill and place on most anything, cookies, cakes, pudding, etc.

Dip strawberries, pretzels, dried fruit, or most anything in chocolate. Place on waxed paper, chill.

Melt white bark, mix in chopped red and green jelled candies, pour on waxed paper, chill, break into pieces

Freeze fruit or mint leaves in ice cubes, serve flavoured water.

Cakes

Hate crumbs when icing? Cover layers with plastic wrap and chill 30 minutes.

Hate that white flour on your chocolate cake? Use cocoa instead of flour when prepping the pan.

How it Measures

Dash = less than 1/8 teaspoon

1 jigger = 3 tablespoons

2 tablespoons = 1/8 cup

4 ounces = 1/2 cup

2 cups = 1 pint

1 pound granulated sugar = 2 cups

1 pound powdered sugar = 3 3/4 cups

22 vanilla wafers = 1 cup crumbs

8 to 10 egg whites = 1 cup

1 lemon = 3 tablespoons juice

60 drops = 1 teaspoon

3 teaspoons = 1 tablespoon

4 tablespoons = 1/4 cup

8 ounces = 1 cup

4 cups = 1 quart

1 pound brown sugar = 2 3/4 cups

1 pound sifted flour = 4 cups

1 ounce butter = 2 tablespoons

12 to 14 egg yolks = 1 cup

1 orange = 1/3 cup juice

Temperatures: OVEN

CANDY

Very slow oven - 250 to 300 F

Moderate oven 325 to 375 F

Hot oven 400 to 450 F

Soft Ball - 234 to 238 F (Fondant & Fudge)

Hard Ball - 265 to 270 F (Taffy)

Hard Crack - 285 to 290 F (Peanut Brittle Caramelised - 310 to 321 F (Caramelised Sugar)

Slow oven - 300 to 325 F

Moderate hot oven 375 to 400 F

Very hot oven 450 to 500 F

Firm Ball - 245 to 248 F (Divinity & Caramels)

Light Crack - 275 to 280 F (Butterscotch)

Manually Testing Candy

Fill a cup with fresh cold water. Remove about 1/2 teaspoon directly from pot, and pour into water. Pick-up candy with fingers and roll into a ball.

Soft Ball - The candy will roll into a soft ball, that quickly loses its shape when removed from water.

Firm Ball - The candy will roll into a firm ball, that will flatten out in a few minutes when removed from water.

Hard Ball - The candy will roll into a hard ball, that will roll when removed from water.

Light Crack - The candy will form brittle threads, that will soften when removed from water.

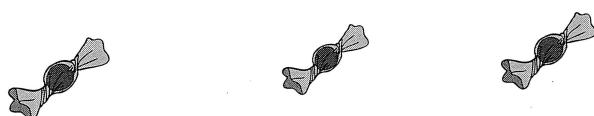
Hard Crack - The candy will form brittle threads, that will remain brittle when removed from water Caramelising - The sugar has become golden brown. It will form a hard brittle ball in water.

Oops!!!

Sometimes now mater what, something just doesn't go right.

How to save that under cooked Fudge. If you poured your fudge in the pan and it refuses to set-up, its most likely under cooked. Since re-cooking it may alter it, try this. (I'm averaging one batch a year doing this)

Pour fudge back into a bowl, add powered sugar until stiff. Place in the fridge. for 30 minutes or so. While the fudge is chilling, chop some nuts Take fudge out of the fridge, using a teaspoon, scoop out a little. Make into a ball about 3/4 inch. Roll in chopped nuts, and set aside After all the fudge is rolled, dip each ball into a bowl of melted Almond Bark Place on waxed paper, to set. Trust me this is almost good enough to be a recipe of its own. Last year it was a plain chocolate fudge that I under cooked. This year hubby killed my thermometer, while trying to help. I guess I missed the "soft ball" stage by a degree or two, this years balls are peanut butter fudge, rolled in pecans, with chocolate coating. ;-)



SERVICES

A NIMAL SHELTER/VETERINARY HOSPITAL

Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114

C HICKEN

MESH - Maximizing Employment to Serve the Handicapped - is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048

D OMESTIC STAFF REGISTRY

Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:

- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).

Call for further details or with questions on 419-8000, ext. 413. Need help writing a reference letter - come see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.

F OOD AND DRINK

Kingsbarn is a leading name in the UK for exports of top quality goods and services to embassies and expatriates. For further details, contact Kingsbarn at 649-7025.

F URNITURE

Visit Fusion Design's temporary furniture showroom at V 39/24 Phase III, DLF, Gurgaon from May 18 on through the summer. They are moving to a new showroom this summer, but will be located in DLF for a couple of months. You may, as always, visit their factory in West End Greens at any time by appointment, or ask their British designer to visit your home or office for a consultation. They specialise in traditional and modern European designs in sofas, chairs, dining tables, desks, beds, cabinets and so on. Special orders will also be undertaken to meet your specifications. Call Rhonda Williams on 9810194512 or email fusion_design@compuserve.com for an appt.

H ERBALIFE

Good health through intelligent nutrition. Herbalife has combined the best of nature and science to create exclusive products to enhance your nutritional fitness, vitality and well-being. Lose or gain weight safely, or just increase your vitality. Phone **Sue Lohage** on 6223344 ext 411 or 98 101 67417

J EWELLERY

Risham Chawla makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

M ASSEUSE

Laxmi has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609

P ET CLINIC

5:00-7:00 pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Domestic Help Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Karen Wald at 419-8331 (O) and 614-3719 (H) and Judy Nay on 461-1911. Some pet items are available.

P HYSIOTHERAPIST

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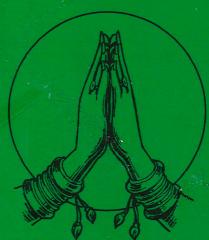
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